ABSTRACT

A holographic recording medium which has parallelism of high precision and causes little substrate deformation ascribable to contraction of its recording areas when recording interference fringes, and a method for manufacturing the same. The holographic recording medium 10 has a holographic recording material layer 18 between a first transparent substrate 12 and a second transparent substrate 14. This holographic recording material layer 18 is formed integrally with a spacer 16 which is composed of a large number of spherical beads 16A arranged so as to surround recording areas 20 for interference fringes to be recorded on.